

**FOR IMMEDIATE RELEASE**

**Monday, October 18, 2010**

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## **NOW IS THE TIME TO GET VACCINATED!**

### ***RAPPAHANNOCK AREA HEALTH DISTRICT OFFERS FREE FLU VACCINE DURING SPECIAL DAY AND EVENING CLINICS***

(Fredericksburg, Va.) – The Rappahannock Area Health District (RAHD) is offering **FREE** flu vaccine at all of its local health departments during October and November. Along with daytime clinic hours, each health department has scheduled a special flu vaccination clinic during evening hours.

**In addition to these day and evening clinics, RAHD will be conducting a large-scale flu vaccination clinic and public health emergency preparedness exercise from 10 a.m. to 2 p.m. on Saturday, October 23, 2010, at the Fredericksburg Health Department, 608 Jackson Street, Fredericksburg, VA 22401.** This is a change of location—the mass vaccination clinic was originally to be held at Spotsylvania Towne Centre. Participants will not only receive their flu vaccination for **FREE**, but they will also be helping the health district be better prepared to respond to any public health threat.

Flu vaccine is recommended for everyone 6 months of age and older. This year's seasonal flu vaccine contains three components, one of which provides protection against the 2009 H1N1 virus that caused last year's pandemic.

"The best way to protect yourself, your family and your co-workers from the flu is to get vaccinated. We are working hard to make it convenient for everyone to be vaccinated this flu season, so don't miss these opportunities," says Brooke Rossheim, M.D., M.P.H., director of the Rappahannock Area Health District.

Although we plan to meet all needs, shipment schedules may vary so please call ahead to ensure your local health department has flu vaccine available. Presently, RAHD has vaccine on hand to immunize individuals 3 years of age and older.

The schedule of day and evening clinics is as follows:

Health Department	Morning Clinics	Evening Clinics
<b>Fredericksburg 540-899-4141</b>	<b>Tuesdays &amp; Fridays- 8 a.m. – 12:00</b>	<b>Nov. 3: 5:00 – 7:00 p.m.</b>

For more information call 540-899- 4142 extension 103 or visit [www.vdh.virginia.gov](http://www.vdh.virginia.gov).